

Blueberry Baked Oatmeal



prep time
10 minutes



total time
55 minutes



servings
6-8

Ingredients

Sauce

- 2 ¾ cups/200 grams old fashioned rolled oats ~ 7 servings carb
- 1 1/2 Tbsp. chia seeds ~ 1 serving fat
- 1 tsp. baking powder
- 1/4 tsp. fine salt
- ½ tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- 3 TBSP maple syrup or honey ~ 3 servings carb
- 1 ripe banana, mashed (~½ cup) or applesauce ~ 1 serving carb
- 2 whole eggs ~ 2 servings protein, 2/3 serving fat
- 1 ½ cups milk of choice ~ ½ fat serving (if nut milk used) or 1 carb serving (if oat milk used)
- ¼ cup melted unsalted butter or coconut oil ~ 4 fat servings
- 2 tsp. vanilla extract
- ¼ cup almonds, sliced or chopped + more for topping (omit for nut-free) ~ 1 fat serving
- 1 ½ cups frozen blueberries, do not thaw (may sub fresh) ~ 1 carb serving

simple breakfast

Instructions

- 1 Preheat the oven to 375°F. Spray a 9×9 or 8×8-inch baking dish with cooking spray. You could also make these into muffins or mini loaves for increased ease of transport.
- 2 In a bowl, combine all of the ingredients and mix. (Note that blending the oats into a flour also works well)
- 3 Transfer to the prepared dish. Top with a few additional frozen berries and sliced almonds, if desired.
- 4 Bake for 30-35 minutes or until the center is set.
- 5 Let sit for 10 minutes before serving.



Whole Recipe Breakdown:

2 Servings Protein
12 or 13 Servings Carb
6 or 7 Servings Fat
0 Servings Veggies